

## **IN THE SPECIFICATION**

Please amend paragraph 0029 as follows:

[0029] Pad 10 can be made of all one material, or a different material may be used in middle layer 15. If desired, cushioning or gel may be used in middle layer 15. Alternatively, a magnetic material may be used in middle layer 15. In one embodiment of the invention, inserts 15A are positioned in pad 10 so as to apply pressure at desired pressure points on the bottoms of the feet. In the embodiment of the invention shown in FIG. 10, pad 10 is optionally provided with raised arch area 16. Raised arch area 16 provides for additional support of the foot as well as excellent adhesion of pad 10 to the foot.